

## When you get the urge...

- 🕒 **Discuss** with a friend.
- 🕒 **Delay** - the urge will pass.
- 🕒 **Deep** breathing. Keep calm.
- 🕒 **Drink** plenty of water.
- 🕒 **Do** something else.

## You can also try...

- 🕒 **Get rid** of all ashtrays.
- 🕒 **Decide** how you'll turn down a cigarette before it is offered to you.
- 🕒 **Exercise** - go for a walk or a bike ride.
- 🕒 **Put your saved money in a big jar.**
- 🕒 **Each morning** tell yourself that you don't smoke.
- 🕒 **Hold a pencil** in your hand when talking on the telephone.
- 🕒 **Reward yourself and remember one cigarette is too many.**